

## **Kilmarnock Harriers 'Club Together' awards in association with Howdens Irvine**

Following some feedback from some of our coaches and athletes, please see below all of the details for our new 'Club Together' awards which have been made possible by very generous support from Howdens in Irvine. The concept of these awards is to recognise those athletes who turn out and represent the club regularly but who may not necessarily be aiming to achieve club league titles or club standards, or indeed who may not be competing in events that count towards the awards traditionally presented by the club.

We are proposing two pathways to obtain this award – an endurance pathway and a track and field pathway. There are slightly different criteria for each of these which will be outlined and rationalised below, but anyone who achieves the targets set out will receive a commemorative t-shirt and certificate which will be presented at the annual awards night in spring 2024.

### **Endurance Pathway**

In order to be eligible for the 'Club Together' award, athletes must complete a minimum of 10 events in 2023, 4 of which must be club events as listed below. We are including our 'in house' events and also some events where you would be part of a team representing Kilmarnock Harriers – we want to raise the profile of the club so it is really important to us to field as many teams as possible at these events.

Events to count are as follows:

- Roon the Toon
- Rowallan Rosebowl
- Club Champs
- Valley Dash
- Rubys Race
- Christmas Handicap
- Allan Scally Relays
- Ayrshire XC Relays
- West District XC Relays
- National XC Relays

Your other 6 races can be wherever you like and any distance (excluding Parkrun), we only ask that you wear your Harriers vest or another branded Kilmarnock Harriers training top. If you compete at a track event (for example running at a CSSAL event) this can be included, but the day will count rather than the number of events completed in a day i.e. if you run two races it will only count as 1 event overall, see T&F pathway details for further explanation). Track events may only make up a maximum of 2 of your 'other' events in order to count (excluding Club Champs).

### **Track and Field Pathway**

We have a lot of athletes who compete in track and field events, and we want to recognise their club representation also! Due to the nature of T&F events it is not as easy to set specific events, but we do encourage everyone to take part in Club Champs. With that in mind, the criteria for the T&F athletes is as follows:

12 days of competition completed in 2023 – we are requesting days rather than individual events as some people will compete in multiple events in a day which would then give them an unfair advantage

over athletes only focusing on one event (runs, jumps and throws are ALL included). If you compete at Club Champs then only 10 days of competition are required.

All events must be completed wearing your Kilmarnock Harriers vest. If any athlete following the T&F programme wishes to compete in a road race or any of the relays listed in the Endurance Pathway for example then a maximum of 2 of these can count towards your award (excluding Club Champs).

**It will be the responsibility of the athlete to submit all results at the end of 2023 (there will be an online form made available) and a list of all winners will be published in January 2024. Good luck and happy racing!**